the Wharf
wharf.co.uk
FREE
SEPTEMBER 27, 2012

MARTINA'S MANOR

Queen of crime-writing tells us why a new play evokes such memories

Drivers left stranded as triathlon seals off roads

Gridlock as perfect storm hits Docklands

Rob.Virtue
@wharf.co.uk

Outraged drivers stuck in gridlocked traffic for hours because of the London Triathlon are furious because they say they were not warned of any disruption.

Many contacted *The Wharf*, including a heavily pregnant Isle of Dogs resident, angered at having to wait in their cars until early evening in chaotic scenes on a storm-hit Sunday.

Between 5am and 6pm, while the event took place, the Limehouse Link tunnel, East India Dock Tunnel, The Highway and most of Aspen Way were all closed causing a build-up of traffic that effectively blocked any routes on and off the Island.

Meanwhile, the weather and roadworks due to Crossrail construction only compounded the problems.

Clare Chaplin, who is eight months' pregnant, was stuck in traffic with her two young children for over two and a half hours.

"I called the police non-emergency number to find out what was going on because I thought something terrible had happened," she said.

"I've never seen the roads like that before. The police said lots of people had called but there was no incident. People were driving on the wrong side of the road they were so agitated.

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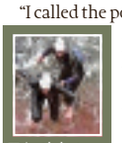

Triathletes take a dip in docks
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GETTY

Good to go with Gordon

Wharfers with a taste for the finer things walked away with an autograph from top chef Gordon Ramsay and a recipe book full of advice on how to spice up life in the kitchen
Ramsay's recipe for spicy sausage rice / Page 10

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Sean's cue to turn pro

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Police back with a bang

Officers signal the end of Olympic distraction with drug swoops
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Shape of the future

Crystal shines at launch
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Agenda

WEATHER

16C	TODAY	Showers
17C	FRIDAY	Partly cloudy
16C	SATURDAY	Mostly sunny
17C	SUNDAY	Showers
16C	MONDAY	Cloudy

TRAVEL

TUBE & DLR
DLR is closed between Bank/ Tower Gateway and Poplar/West India Quay all weekend. Jubilee line is fine.
ROADS
Greenwich Park is closed until October.

Don't even THINK of going home until 4.30pm when you can check our travel update

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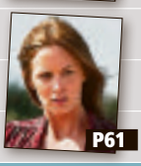

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ESTABLISHED 1998

I've broken the bond of trust and tress

BLONDE'S EYE VIEW

ANGELA CLARKE

I've been cheating. On my hairdresser. It was a total emergency. A one-off catastrophic root re-growth disaster, and my stylist was on holiday. I thought about fashioning a series of hats out of plastic bags to last me till she returned, but I couldn't be bothered.

Who knew 'I can't come into the office my roots need doing' is not a valid excuse for missing work?

I thought about all the good times my hairdresser and I have shared – the gossip, the consolation and the champagne (I go to that kind of salon). Then I thought, sod it! If she can swan off to Thailand during my time of follicle need, she can swivel on one of those little stools hairdressers always have. And I booked to see someone else.

I felt guilty. I can go out for dinner with a man who isn't my husband and feel nothing, but let someone other than my hairdresser run a comb through my hair and I need counselling. I need to confess. I have committed mane adultery.

I sat and sweated when the imposter put in the foils. I lied when he asked if I was going anywhere nice this year. I said no to the complimentary glass of champagne. The bond between a highlighted-woman and her hairdresser is strong. As unbreakable as all the shampoo adverts promise your hair will be. Messing with it violates the ancient hair dye code.

I paid the price. And not just the exorbitant price it costs to get a half head of highlights and a cut and finish nowadays. My temporary hairdresser, my stand-in-Barnet-fluffer, cocked my colour up. It's white straw. It crackles if you touch it. I've booked an appointment with my stylist on her first day back. Penance.

Find Angela on twitter: @TheAngelaClarke

Reuters' view

A man attends a training at the FLN movement (North Liberation Forces) camp in Sevare. The FLN is a part of a militia which trains youths from all over the country and operates in government-controlled areas run by current and former Malian soldiers.

What our writers are talking about

■ The cable car never made sense as an adjunct to the Olympics. However, it makes perfect sense as an adjunct to the Crystal.
Giles Broadbent

■ There are applications for 12,900 new homes on the Isle of Dogs. But where are the schools and medical practices?
Peter Golds

■ Who would have imagined interior design would light the candle of a Batman-obsessed four-year-old boy?
Tabitha Ronson

■ New Street Grill is a butch City gent joint, right down to the meathooks used to suspend the lighting.
Jon Massey

60 Second Wharf

NEWS

Crystal acts as beacon
The opening of the Crystal fires the starting gun on the next phase of the Docklands regeneration.
Pages 4-5

Jamie's bar sight
Jamie Oliver has his sights set on taking over the Bar du Musee site in Greenwich for an Italian restaurant.
Page 7

Proud2 licence halted
Proud2, the nightclub inside The O2, has seen its licence suspended after a night of trouble.
Page 11

FEATURES

Martina's mission
Martina Cole is passionate about bringing her books to the sort of people who don't normally read.
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On and off the catwalk
We garner some mall inspiration from the runway shows at London Fashion Weekend.
Life / Pages 56-57

Quartet of delights
D&D opens four outlets at the Old Bengal Warehouse in an attempt to answer every craving.
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Corrections & Clarifications

At *The Wharf*, we pride ourselves in journalism that is honest, accurate and fair.

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DOCKLANDS BUSINESS CLUB
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Not so fast but furious as filming hits traffic

From Page One

"When the roads are closed off out of the Isle of Dogs we're stranded. What would I have been supposed to do if I'd gone into labour? Given birth on Westferry Road?"

Clare, who had to do a 140 mile round trip to Norfolk on Sunday, said lack of warning was to blame.

"There wasn't even road signs up on the Island saying 'congestion expected' like when the marathon is coming. If we'd have known we could have parked in Stratford the day before and got the DLR there."

Transport for London said it put signs up on main roads such as Aspen Way. However, warning on smaller roads was the responsibilty of the event organisers.

Tower Hamlets Council admitted it had only advertised the road disruption on its website.

Why are these jams significant?

"There are plans to stick another 12,500 homes here and the infrastructure is just not available."

Cllr Peter Golds

Cllr Peter Golds said: "I was as bemused as anybody by what happened. It was chaos. It's all very well for the council to say they advertised this but how many people get up in the morning and say 'I must look at the website to see if there are any problems'?"

MP Jim Fitzpatrick said: "It was disappointing to hear residents were stuck in traffic.

"I will be writing to the organisers, TfL and the Mayor of London to find out exactly what happened. We must ensure there is no repeat of this next year."

There were also problems on Saturday evening when a vehicle broke down in Blackwall Tunnel.

Meanwhile, disruption continued on Monday, Tuesday and Wednesday evenings due to Marsh Wall being shut. This was for film-makers to shoot *Fast And Furious 6*.

Police back with a bang to show drug suppliers the door

CRIME

As Olympic duties end, officers return their focus on the number one scourge

Rob.Virtue
@wharf.co.uk

With the Olympics in town drug dealers may have thought they could slip under the radar but last week Tower Hamlets police officers were out in force to let them know they were the number one target.

In the London-wide Operation Hawk, which saw a day of raids and drug awareness initiatives, police in the borough executed 10 warrants, including two in Limehouse and one at Millharbour on the Isle of Dogs.

Chief Insp Nigel Nottidge, who heads up the safer neighbourhood teams, which collate the information on dealers, said: "The focus has been slightly different during the Olympics but drugs have always very much been a priority.

"We executed 10 warrants last week but it doesn't end there. We want to carry out a search warrant every day. Our police task force executed one on Tuesday and we did two at the weekend. It's an ongoing business.

"Anti-social behaviour and drugs go hand in hand and disrupt the lives of those living in the community so we want to get on top of the situation."

Raids were based on tip-offs and saw four arrests in Tower Hamlets. At one home heroin and crack cocaine was found while cannabis was discovered at three other addresses.

Meanwhile, Greenwich Police raided a warehouse in Kenya Road, Charlton, where they discovered a drugs factory containing an estimated £100,000 worth of cannabis plants.

Brothers aged 18, 26 and 28 were arrested in connection with the find. Officers also seized £44,000 under the Proceeds of Crime Act.

Overall, across London £2.6million of cannabis was seized, with police making 350 arrests.

Police raid a flat in Limehouse as part of Operation Hawk

Greenwich police raid a warehouse holding £100,000 of cannabis

CI Nottidge said the message to dealers was they would face the toughest action possible.

"If we get information about drug activity then they can expect a visit at 6am in the morning and we will break down their door and possibly arrest people," he said.

"We get neighbours fed up to the back teeth with people dealing drugs."

■ Meanwhile, London Assembly Member for City and East John Biggs has criticised Mayor of London Boris Johnson after he admitted police numbers would not return to 32,000.

Mr Johnson had previously promised to keep figures at that number but last week said it would be "difficult" in the face of cuts.

Mr Biggs said: "Ensuring public safety and access to police services for Londoners should be critical, especially at a time when robbery, burglary and sexual offences are rising."

NEWS IN BRIEF

Around East London

Airport books in flights to Estonia

ROYAL DOCKS Estonian Air has announced it is launching flights into the heart of Docklands.

The airline will be running a route between London City Airport and the country's capital Tallinn three times a week.

Flights begin in March next year on Estonian's 112-seater Embraer 190. They will increase to four times a week in May.

City Airport's chief executive Declan Collier said: "Known as one of the most rapidly developing economies in the Baltic sea, Tallinn is establishing itself as a destination of choice for UK travellers."

Gunman gets 34 years for murders

NEWHAM A bloody gang shoot-out near an east London nightclub has resulted in a Newham man being sent to prison for 34 years.

Michael Smith, 28, pictured, of Beaconsfield Road, E16, was found guilty of the murders of Patrick Ford and Eugene Brown outside the Sugar Lounge club in Katherine Road, E7, in 2010.

Kevin Powell, 37, of Larix Court, NW10, was also sentenced to 34 years for the attempted murder of Smith, after a trial at the Old Bailey.

Dancing dates lined up at O2

GREENWICH Plans for *Strictly Come Dancing's* live nationwide tour for next year have been unveiled and they include two shows at The O2.

Judges and a selection of stars will be heading to the North Greenwich arena on February 2 and 3 for afternoon shows.

Tickets start at £36 plus booking fee and are on sale tomorrow. Call 0844 8758758 or go to ticketzone.co.uk

Special Report

Crystal becomes the new beacon of dock renewal

BUSINESS

Siemens opens 'global knowledge hub' and kick starts aspirations for biotech park, writes **Giles Broadbent**

The Crystal, flagship of the Green Enterprise District and the greenest building in the world, has opened its doors, welcoming guests from around the planet to the "global knowledge hub" of technology firm Siemens.

The distinctive building at one of end of the Royal Docks and serviced, in part, by the cable car, represents an investment of £30million by the German company.

The 6,300sq m energy efficient building has three roles – as an exhibition centre hosting technology and innovations for sustainable cities of the future, a conference centre for discussions about technology, sustainability and urbanisation and a showroom for Siemens Infrastructure and Cities Sector, where world-leading experts will host clients.

Speaking at the launch, the Mayor of London Boris Johnson said: "The futuristic Crystal is a fantastic new landmark for London, which has breathed new life into the historic Royal Docks.

"Siemens' £30million investment is a great boost to our ambitious plans to redevelop swathes of former industrial land in order to bring jobs to the capital. It continues the rebirth of east London witnessed by the world this summer and I am determined to ensure this regeneration continues apace."

The building will become the global heart of Siemens' worldwide. Some 30 experts from 15 nationalities will be managed out of this centre while 50 jobs have been created for local people in support services.

W Why is the Crystal significant?

"The Crystal continues the rebirth of east London witnessed by the world this summer."
Mayor Boris Johnson

Speaking at the launch, chief executive of Siemens AG, Peter Loscher said: "Let me say how proud we are to have the Crystal located here. Together with the Olympic site, the Crystal is a flagship for the regeneration of east London."

He said that the initiative had grown out of the company's discussions with Mr Johnson who was looking to see how an early engagement with technology could influence the planning process.

He said: "Mr Johnson pointed out that this will become the green development district for London and this is how the development plans will look and he would like to attract green industries and so this whole location was chosen.

"We are very grateful. It is a great flagship and what we have initiated is a very important catalyst."

Roland Busch, chief executive of Siemens Infrastructure And Cities Sector said: "Cities worldwide are making investments to improve their water supplies, power grids, transportation systems and building infrastructures.

"Our market alone has a volume of 300billion euro. In this growth market, the Crystal will help us intensify dialogue with our customers. The Crystal is our sector's showcase, contact point and mastermind."

The opening event in the evening, attended by Local Government Secretary Eric Pickles, saw a laser light show projected on the side of the distinctive building. Then it was straight to business with two major international conferences in two days – the United Nations Human Settlements Programme and DLDcities conference exploring visions for urban development and smart cities.

The Crystal forms part of a plan to make the Thames Gateway the home to a green industry sector that could create 6,000 new jobs.

Read on »

Cable car's role is now Crystal clear

Comment / Page 55

Festival will welcome new neighbour

THE Crystal will throw open its doors to Newham residents on Saturday as part of the Waterfront Festival which will fill the Royal Victoria Dock with colour and spectacle.

Live music from the Bootleg Beatles, fireworks and watersports will be on offer at the free event that runs from 2pm to 9pm.

Mayor of Newham Sir Robin Wales said: "This is a fantastic opportunity for residents to enjoy a range of different activities in the historic Royal Docks.

"Residents can try their hand at wakeboarding or aquaballs, have a free boat ride or simply enjoy live music in a breathtaking setting.

"I would also encourage residents to take the opportunity to visit the Crystal building. This striking piece of architecture is already becoming an iconic Newham landmark and I hope visitors enjoy the wealth of information on offer in the exhibition.

"We were at the forefront of watersports during the Olympics with silver medal winner Mark Hunter who was born in the borough demonstrating what our athletes are capable of. The festival will continue to showcase what a fantastic and versatile place Newham is and I hope residents will come along to celebrate with us."

From left, Secretary of State for local government Eric Pickles, Mayor of London Boris Johnson and chief executive of Siemens Peter Loscher open the Crystal which houses the world's largest exhibition on urban sustainability, above

FACTFILE

- Designed as an "all electric" building, The Crystal uses solar power, ground source heat pumps and energy-efficient LED lighting which monitors daylight and whether the building is occupied.
- No fossil fuels are burnt in the building. Rainwater is harvested for re-use or recycling and the Crystal is ready to be connected to London's smart grid.
- The Crystal is designed to achieve top scores on the international assessments for energy efficient buildings.
- Totally integrated building management systems mean the Crystal can be managed by one person from anywhere in the world.
- Photovoltaic roof panels collect the sun's energy and convert it into electricity. Solar systems also heat the water.

Future of bio-tech park is still unclear

Beth.Allcock
@wharf.co.uk

WITH the opening of the Crystal this month, the development of a "vibrant international hub" to house low carbon businesses in east London has taken its first tentative steps.

Guests had their first glimpse of the £30million Siemens building that is supposed to represent the cornerstone of the Green Enterprise District (GED) project to create a sector promoting low-carbon energy in greater London.

But it is unclear whether the Green Enterprise District is just an aspiration, a loose confederation of projects or an idea that has been overtaken and bypassed by the Tech City craze.

When it was unveiled, it was stated that the aim of the GED was to capitalise on the growth of the sector to create new jobs.

It was envisioned, during its launch in 2010, that the district would ultimately encompass brownfield land close to the Excel with the hope of creating of 6,000 jobs.

London Mayor Boris Johnson hailed the Crystal as a "perfect platform" to help kick-start economic regeneration in the Docklands.

But since the Crystal's opening, it is currently unclear what is next for the GED.

The focus on an economy centred on low carbon was recently emphasised by Mr Johnson's investment of £30million into London's first Sustainable Industries Park, to house the capital's first organic waste recycling facility.

Royal Docks: Green potential

The site, in Dagenham, has been designed to create a cluster of environmentally-focussed enterprises such as low-carbon energy from waste plants, innovative waste facilities and other CleanTech infrastructure such as recycling, renewable energy and biomass.

Swathes of land at Silvertown Quays and Royal Albert Dock also offer opportunities to develop green industries and the future of the mixed-use sites is currently under discussion.

The Mayor's Office failed to respond to repeated questions about the green dream but Mr Johnson has said previously: "Low carbon industries represent a growth market, which will support a new generation of jobs for Londoners but also bring cleaner, energy efficient businesses that contribute to a better quality of life."

The jaded colours of green zone

POLITICS **blog** wharf.co.uk

Is the much-vaunted Green Enterprise District something of an unloved child?

We only ask because our inquiries into its progress two years after its launch have been met with shoulder-shrugging and a chorus of "mehs".

Newham Council, in whose patch the Royal Docks sit, had nothing to say and pointed us to the Mayor Of London's office.

Ah, the Mayor – the man who promised us in 2010 (and, no doubt, Siemens) thousands of jobs across the Thames Gateway and lots and lots of dynamism.

But the mayor's office didn't want to know.

What's the latest, we asked. What's going on? Is the Crystal finally firing the starting gun on the GED? What does it mean? What businesses are coming?

Answer came there none.

I have likened the Crystal to the Millennium Dome (snazzy outside, slick inside, slight puzzlement about what it's for).

Siemens must be hoping that it doesn't acquire that other facet of the Dome – isolated white elephant status.

Ironic if Siemens were sold an unsustainable green vision.

giles.broadbent@wharf.co.uk

FREE Area guide to exploring Greenwich, Docklands and more of east London by DLR. Copies available at DLR Ambassador open days.

Also available to download at
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Docklands Light Railway

News

MALL TRAWL

Bargains, happenings, deals, sales

FASHION Don't forget from tomorrow until Sunday many of Canary Wharf's stores will be offering up to 20 per cent off as parts of the Autumn/Winter Fashion Weekend.
Go to canarywharf.com for details.

EVERYTHING AT STEAK
Just had lunch at L'Entrecote Canary Wharf. Great menu concept: Steak & Frites or Sod off. Most agreeable
@MarkCooperXYZ

SALES Last chance to get your hands on Olympic memorabilia in Canary Wharf. The Jubilee Place store is closing its doors on Friday. All stock is currently reduced by 50 per cent.

MEAT TO PLEASE YOU
If there was a KFC in Canary Wharf, life would be complete
@LeviMathurine

DOG GONE The Gourmet Hotdog Company is fighting off the winter blues with its big breakfast. Try this for size – cumberland sausage, crispy bacon and melted cheese for £3.25. Add a coffee for £1

ALL WHITE Smilepod Canary Wharf offering 20 per cent discounts on teeth cleaning to mark London Fashion Week – classic clean is now £52, down from £65.

Teenagers inspire in their own way

PEOPLE

These are the true heroes of 2012, says Paralympian

Beth.Allcock
@wharf.co.uk

Inspirational youngsters from all walks of life were given their chance to shine at a special ceremony in Canary Wharf.

A sparkling celebration of the efforts of 65 young role models was held by The Diana Award charity, an organisation set up in memory of Princess Diana, at Barclays in Churchill Place, on Monday.

Paralympic sitting volleyballer Martine Wright and singer Sinitta, a Diana Award Ambassador, were on hand to present certificates to those aged nine-18 to recognise their positive impact.

Team GB member Martine, who was injured in the 2005 London bombings, said: "Paralympic athletes have been called inspirational but it is these young people who are truly amazing. They are inspiring their generation to take a positive role in their communities."

JAMES PERRIN

Campaigner Connor Rowntree, 18, from Newcastle-Upon-Tyne, was presented with the Diana Courageous Citizen Award following a nomination from Tyne and Wear Fire Service.

The youngster suffered 90 per cent burns after he played with aerosols and fire three years ago, but his courage saw him turn the horrific experience into a campaign to drum home the dangers of fire.

"I used to mess about with fire and I never used to listen to adults when they came to my school to talk about it," he said.

"The work we now do, we do it so it doesn't happen to anyone else.

"I work with schools and with the fire brigade and made a campaign called the Journey of Connor Rowntree, starting from when I came out of hospital.

"We made a DVD and go out to schools and talk to young children about the dangers of fire.

"It's how I turned it around from being in hospital to going around schools and talking to children who may be more vulnerable to playing with fire."

Essex schoolgirls Emma McKnight and Katie Sorrell, both 14, were celebrated for their work alongside an anti-bullying campaign group at The Plume school.

They said their dedication to raising awareness of bullying resulted in many visits to primary schools, radio stations and events in their community.

Katie said: "I am very proud because there are some amazing people here. It is a privilege to be thought of."

Emma added: "It is really exciting, it almost feels like I don't belong here."

Above, Connor Rowntree with Sinitta Below, Martine Wright with schoolgirls Emma McKnight and Katie Sorrell Bottom, all the winners of Diana Awards

Couple set their sights on running for charity

Subbu Loganathan, left, and Emily Robinson prepare to run

A CANARY Wharf couple are teaming up for charity by tackling running challenges totalling 32 miles this weekend.

Business analysts Subbu Loganathan, who works for HSBC, and wife Emily Robinson, an employee at Lehman Brothers International Europe, will make the trip to Scotland to compete in the Loch Ness Marathon and its sister race, the Loch Ness 10k, respectively.

Emily, 28, lost the vision in her right eye after she was diagnosed with the rare Acanthameoba Keratitis disease, and will undergo a corneal transplant later this year to restore her sight.

The couple's efforts will raise money for sight-saving charity Orbis.

Emily said: "I realised I'm very lucky to be living in the UK with access to excellent healthcare to fix my eye issues.

"I've taken this for granted and wanted to help people in developing countries who aren't as lucky."

Previous marathon runner Subbu, 33, said of his training: "It's not bad, I'm having some trouble sticking to a schedule but am mostly meeting my weekly goals."

The two races will take place on September 30.
Go to justgiving.com/subbu-loganathan-runs-for-eyes
Beth Allcock

£20,000 to catch dad's murderers

A £20,000 reward has been offered by police for information regarding the murder of a man from Poplar.

Wayne Stockdale, 42, was gunned down at the junction of Rounton Road and Knapp Road in Bow on May 6 last year at around 10.20pm.

Wayne's sister Jacqueline Stockdale said: "Wayne sadly died at the age of 42 from a gunshot to the head, and left behind a loving partner, three children and a grandson.

Wayne Stockdale

"Wayne's murderers are still at large and continue to live their lives normally unaware and uncaring of the devastation they have caused to all of our family."

Anyone with information should contact the incident room on 020 8733 4212 or call Crimestoppers on 0800 555 111.

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News

Jamie sets his sights on historic town bar

FOOD

Italian moves in as time is called on Bar du Musee

Beth.Allcock
@wharf.co.uk

Greenwich is fast becoming a hub for Italian dining with a restaurant chain fronted by chef Jamie Oliver set to take the place of one of the town's historic establishments.

The Mediterranean vibe and cuisine created by Jamie's Italian – as experienced in Canary Wharf – will soon transform the Bar du Musee, in Nelson Road, which shut up shop for the final time on Monday.

The venue, which was owned by Inc Group and landlord Greenwich Hospital, had been operating from the site since the '60s, starting out as a wine bar.

But Frank Dowling, owner of Inc Group, told *The Wharf* the opening of the new restaurant, set for April next year, would present a situation where "everyone wins".

Jamie Oliver: Developing restaurants across south and east London

"We had an opportunity to have a new tenant come in, called Jamie's Italian," he said.

"The brand saw it as an opportunity, I saw it as an opportunity as did Greenwich Hospital. It was a three way idea, a three way deal that was signed.

"It had nothing to do with trading at Bar du Musee, it's just Greenwich would benefit from a Jamie's Italian – it's great for the community, it's good for the town centre and it's a great opportunity for everyone.

"Bar du Musee started as a wine bar and I built an opportunity there we can hand over to someone who is a great operator."

The town's new dining offering will take its place among the area's other Italian restaurants, including Pizza Express, Zizzi and Bianco 43.

And Frank hinted that, although Bar du Musee was no longer in operation, the creation of Jamie's Italian did not necessarily spell the end for the '60s venue.

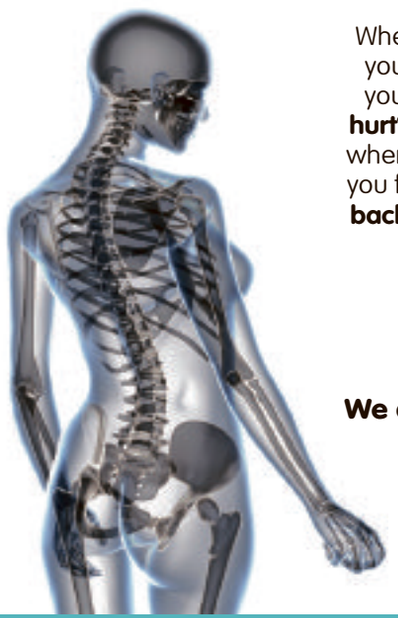
"The Bar du Musee might be re-born in another venue – a smaller, more quaint place might be better for it," he said.

He said that Inc Group also had plans in the pipeline to re-launch Inc Bar in November, as well as a complete refurbishment of the Trafalgar Tavern, with the installation of 15 hotel rooms.

Gordon's choice / Page 10
Food / Page 58

Re:SPA

newbody OSTEOPATHY



When you sit at your desk does your **neck ache?** When using your mouse does your **elbow hurt?** Does your **shoulder pinch** when you put on your jacket? Do you feel a **shooting pain in your back** getting out of your chair or lifting your shopping?

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ASTON'S
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Working Mum / P55

Digest

The Week In Brief

Sept 20-27 • *Round-up of other news from the last 7 days*

MARTIN PUGH

Photo story

Martin Pugh has taken the top prize in the Royal Observatory's Astronomy Photographer of the Year competition for the second time. With his picture of the Whirlpool Galaxy, he takes the £1,500 and his picture takes pride of place in a free exhibition of shortlisted entries now on show at the Greenwich venue. Competition judge and astronomer Dr Marek Kukula said: "The photographer has made the most of exceptionally good atmospheric conditions to capture an astonishing range of detail in his image of this iconic galaxy; the beautiful spiral structure, dark lanes of dust, and the way the pink clouds of hydrogen really stand out – it's one of the best images of M51 that I've seen."

Legacy body takes on new planning powers

EAST LONDON The London Legacy Development Corporation is preparing to take over planning powers for the Olympic Park, including the stadium.

From October 1, the quango will rule on planning matters across parts of Newham and Tower Hamlets as well.

LLDC interim chief executive Dennis Hone said: "Being a single point of contact for regeneration – landowner, developer, planning authority and investor – will better enable us to secure high-quality sustainable development."

£25m fund aims to usher in super-connected age

LONDON A £25million investment in the city's broadband has been unveiled by the new culture secretary, answering the demands of residents and Tech City entrepreneurs.

The aim is create a "super-connected city" that will allow London to compete against the world's top digital cities.

Culture Secretary Maria Miller said: "London has produced ambitious and comprehensive plans, which will turn it into a digital leader, and give the local economy a real boost. The new investment will help put the city at the centre of the digital stage."

Pupil tells Paxman how grade has set him back

ISLE OF DOGS A plucky teenager made public his disappointment with this year's GCSE English marking system, after holding his nerve in a debate with Jeremy Paxman.

Jack Coote, who studied at George Green's School, argued he and his classmates had been treated "unfairly" after they were awarded a D-grade, when they should have clocked up a C-level or higher.

Appearing on BBC's *Newsnight*, he said: "I am now set back for a year. I've got to go back to college just to re-take my English so I can do my apprenticeship."

Firefighters rescue men from burning building

DOCKLANDS Firefighters rescued two men from a burning building in the early hours of last Thursday.

The blaze damaged a restaurant and flats on West India Dock Road.

Crew manager Charlee Barclay said: "Crews wearing breathing apparatus rescued two men who were trapped by smoke in the flats above the restaurant, and six other people evacuated themselves from the floors above."

Around 20 firefighters from Poplar, Millwall and Shadwell brought the fire under control at 6.34am.

Medallist wins standing ovation on return home

STRATFORD Silver medallist Christine Ohuruogu returned to her east London roots to open the relaunched Gala Bingo club in Stratford.

The 400m runner got a standing ovation as she entered the hall last Friday in celebration of the £1.5million investment.

Ohuruogu met the crowd while posing for photos and signing autographs.

She said: "I spent most of my childhood in the town. The buzz in Stratford, as well as the sense of community, is not only in the Olympic stadium but here in the club also."

SPECIAL FEATURE

In association with The National Lottery

£80 MILLION* Mega Jackpot This Friday

There is a massive EuroMillions draw this Friday (September 28) with a Mega Jackpot of £80 million*. This giant jackpot could be won by a single UK player, making them the 908th richest person in the UK! If the Mega Jackpot isn't won on Friday night, it will roll to Tuesday's draw.**

Welcome to the world of a millionaire!

A EuroMillions Mega Jackpot win of £80 million would propel a UK winner into the luxury life of the jetset. With a huge fortune in your bank you could splash out on a life of big houses, fast cars and first-class flights!

EuroMillions draws take place every Tuesday and Friday – Euromillions is making more UK millionaires than ever before. This year alone an amazing eight EuroMillions jackpots have been won on these shores. The biggest was Adrian and Gillian Bayford from Suffolk who won £148 million just last month.

A EuroMillions spokesperson said, "This Friday will be a big draw with a massive £80 million up for grabs. You could be escaping the autumn chill on a private jet to somewhere hot with your friends and family in tow. It is a life-changing jackpot and we have our fingers crossed for more UK winners in 2012."

"EuroMillions has really captured the public's imagination, creating numerous multi-million pound winners in the UK, as well as boosting returns to National Lottery Good Causes here in the process."

If no one matches all five main numbers and the two Lucky Star numbers to win the jackpot in Friday's draw then the jackpot will roll to Tuesday 2 October.

Welcome to my world:
Hector Riva is the face of EuroMillions

Hector Riva's dream shopping list

Celebrate your EuroMillions win in style with a collection of opulent purchases! Forbes this year announced that Jay Z and Beyonce were the world's highest paid couple, but you would almost double their annual income with an £80m win. For that you could go on a shopping spree Hector would be proud of.

- **You could own the world's most expensive model car. It costs an incredible £3m, which is 12 times the price of a full size, roadworthy, actual Lamborghini Aventador. The difference is that this is eight times smaller and cast with over 2000 precious stones.**
- **Edvard Munch's famous artwork 'The Scream' could be yours – it recently sold for £74m at auction.**
- **You could cruise around Saint-Tropez with the super-rich. £64m would buy you a 300 feet yacht with five decks, a swimming pool and a cinema.**
- **Celebrate with the world's most expensive bottle of champagne – it weighs 45kg and is the equivalent of 40 normal-sized bottles. The Armand de Brignac Midas was bought last year for £120,000.**

How to play and win on EuroMillions

Pick five main numbers from 1-50 and two Lucky Star numbers from 1-11, or choose a **Lucky Dip®** for a random selection of numbers. **EuroMillions** costs £2 for each line of numbers and can be played up to four weeks in advance. It includes the **Millionaire Raffle** game, which means in every draw one lucky UK player will win £1m – guaranteed. **EuroMillions** tickets are available from your local National Lottery retailer, you can play online at **www.national-lottery.co.uk** or even on your mobile phone. Start to win prizes by matching just two main numbers.
Match all five main numbers and two Lucky Star numbers to win the jackpot - on **Friday 28 September**, if the jackpot isn't won, it will roll to the following Tuesday, subject to the Game Procedures. To find out winning numbers check the results online at **www.national-lottery.co.uk**, at your local retailer or call **0845 910 0000.**

** The Jackpot is a guaranteed €100m – an estimated £80m subject to currency fluctuations. Games Rules and Procedures apply. Players must be 16 or over ** According to The Sunday Times Rich List 2012.*

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Food / Page 58

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News

Foodies line up for Gordon take-away

Gordon Ramsay meets fans at Canary Wharf

"I WANT to teach you how to cook good food at home," boasts Gordon Ramsay in his latest book and plenty of punters in Canary Wharf appear to be ready to learn.

Huge crowds gathered in Jubilee Place on Thursday where Ramsay was signing copies of *Gordon Ramsay's Ultimate Cookery Course* with as many craning their necks for a glimpse of the celebrity chef as clutching the hefty tome in preparation for a dedication.

Wharfers cleared the shelves of Ramsay's book in Waterstones, which has been launched to coincide with his Channel 4 show of the same name and promises to show aspiring cooks how to improve their skills.

After posing for pictures from his fans, Ramsay stopped to chat to a young onlooker before putting pen to paper.

In the book he shares a wealth of tips and tricks from his years as a professional chef – such as what to look for when buying a pan and how to chop an onion – to give home cooks that confidence in the kitchen.

"I really think that's what separates good cooks from the mediocre ones," says Ramsay.

Wharfers get a glimpse of the chef

"Sure, you need to be able to master a few basics, but being able to act boldly and decisively, to have the confidence to ramp up the seasoning, for example, or to turn the gas up high and use the heat to your advantage - that's the real secret.

"In truth, there's no-one with a genuine interest in learning who can't improve and, with enough practice, become a decent cook," he adds.

Louisa Emery

SPICY SAUSAGE RICE (SERVES 4)

This is like an old-fashioned jambalaya – a mixture of rice, vegetables and meat, a bit like risotto but without the need for stirring. Sausages are cheap but packed with flavour, and taking them out of the casing first flavours the rice beautifully. You can use any sausage you want – chorizo, merguez, pork or beef, depending on how spicy you want it.

INGREDIENTS

Olive oil, for frying
1 red onion, peeled and sliced
1 red pepper, deseeded and chopped
2 garlic cloves, peeled and finely sliced
5 spiced sausages, e.g. Italian chilli
1 heaped tsp smoked paprika
200g long-grain rice
½ glass white wine
500ml chicken stock
4 spring onions, trimmed and chopped
1 tomato, chopped
Small bunch of flat leaf parsley, roughly chopped
Sea salt and freshly ground black pepper

METHOD

1. Add a glug of oil to a heavy-based casserole dish and fry the onion for five minutes until soft but not coloured. Add the pepper and garlic and cook for two minutes. Slit the sausage skins and crumble the sausage meat into the pan, then cook over a medium heat for four-five minutes until coloured. Add the smoked paprika and mix. Season to taste.
2. Add the rice and stir well to mix thoroughly and absorb the flavour. Deglaze the pan by pouring in the white wine and scraping any bits stuck to the bottom. Add the stock and bring to a simmer. Cook gently for 15-20 minutes until the rice is tender and the liquid almost entirely absorbed.
3. Remove from the heat, gently fold in the spring onions, tomato and parsley and serve.

How to fry onions

If frying onion, don't slice it too thinly or it will burn before it has had a chance to caramelise. Never rush cooking an onion. Always give it five or six minutes in the pan on its own.

■ *Gordon Ramsay's Ultimate Cookery Course is published by Hodder & Stoughton, £25.*

GETTY

Musical draws the superstars

Andrew Lloyd-Webber's arena spectacular Jesus Christ Superstar drew mixed reviews when it opened at The O2 in Greenwich at the weekend – but it also drew its far share of celebrity names who came to see Tim Minchin, Mel C, Chris Moyles and Ben Forster in the musical. Above, Amanda Holden and Jason Donovan. Below left, Mark Bignall and Dawn French and, below right, Jennifer Saunders and Ade Edmondson

Proud2 licence suspended

AN evening of chaos at Proud2 earlier this month – which saw two stabbings and a bouncer injured – has led to the suspension of its licence.

The nightclub inside The O2 in North Greenwich has been closed since a flare-up at the House Of Joy night and last week councillors agreed to keep it dark for 28 days with a review hearing on October 4.

On the same evening as 50 people tried to force their way into the club, one man was wounded on his left arm, another was stabbed in the back and elbow, while a security guard was hit with a bucket resulting in cuts.

Greenwich councillors were told by police that a "serious disorder incident" had occurred which had a "potential impact" for policing Greenwich.

Owner Alex Proud said: "We are confident the club will reopen, but perhaps with some new conditions, such as maybe closing the club a couple of hours earlier."

The 3,750-capacity venue opened last March after taking over from superclub Matter which closed due to financial difficulties, a worry that now haunts the new club.

Mr Proud said: "Even if we win in a month's time and can reopen, [the closure] will have massively affected the club's viability because a lot of the promoters will have become understandably nervous and moved their nights."

Two men have been charged in connection with the evening's violence.

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What's on

GIG
Nickelback
The O2 arena

Led by Chad Kroeger, Nickelback rose to fame with the single *How You Remind Me,* which topped the charts in several countries and gathered four Grammy nominations.

Rather than end up as one hit wonders the Canadian rock band have gone from strength to strength with their 2005 album *All The Right Reasons* being their most successful to date.

In total they've sold 45million records worldwide.

■ *Oct 1, 6.30pm, £39.50, theo2.co.uk.*

STAGE
Afrovibes 2012
Stratford Circus / The Albany

Afrovibes 2012 is touring extensively for Black History Month and includes a week-long stint on *The Wharf*'s patch.

The shows are contemporary performances about South African townships, with each venue hosting a Township Cafe with authentic cuisine.

Stratford Circus and The Albany in Deptford will host the various performances in the first week of October.

■ *Oct 1-7, various times and prices, afrobvibes2012.co.uk.*

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*Abstinence based on patients across all Priory hospitals who could be contacted 12 months after treatment, 2011. Psychological wellbeing based on standard outcome metrics for inpatients after seven days of treatment.

My books are top of the shoplifting charts in Barking

INTERVIEW

Martina Cole on why theft is a compliment and her latest tale to make it to the stage

Rob.Virtue
@wharf.co.uk

What makes Martina Cole proud? Is it that she went from a single mum who left school at 15 without qualifications to become a bestselling author?

Or the fact 10million copies of those books have been sold worldwide, with three of them turned into TV series?

Probably all of the above. But she said it was also because her novels, focusing on British crime, are so accessible.

"I've got the most requested books in prison and it's the most stolen book in shops in places like Barking and Dagenham," she said. "They have to keep it behind the till sometimes.

"I take it as a compliment. A lot of people who read my books have never read before – never read a book in their lives. I love the thought that they pick mine up.

"In Holloway, for example, it's good to help in prisoners' rehabilitation. Men's prisons are so shaming, they are full of people without any teaching in basic literacy."

Running writing classes in prisons, which Essex-born Cole often does, is a heartfelt passion. And it shows she isn't really a hard lady – an enduring impression she does little to dispel.

During our interview the only time she was anywhere near forthright is when she declined to talk about reformed gangster Charlie Richardson, who died last week.

Cole wrote the foreword to Charlie's brother Eddie's autobiography but she refuses to go anywhere near betraying confidences. It's what you would expect of someone who mixes in such circles – a fact that gives her books an aura of authenticity.

Cole's bestseller

However, she understands all too well the British criminal underworld, magnified by the British press, is a public infatuation.

"That's why the books work," said Cole. "I allow a glimpse into that world. I've got a network of people and they help me get the patois right. Getting that vernacular is crucial.

"However, if an event happens in the book, then the storyline and characters are made up. People are always stopping me and saying 'is that so and so?' And I say 'no I made it up'."

The 52-year-old author spoke to *The Wharf* this week at Theatre Royal Stratford East, where two of her books have previously been turned into plays. Next month sees the opening of a third adaptation.

It takes her full-circle in her writing career as the book being dramatised is her first, *Dangerous Lady*, published in 1992.

Cole loves the fact her novels can be transferred to such a traditional medium.

"I used to knock about here when I was a kid but I also love the stage and any type of theatre," she said.

"Libraries are being closed down everywhere and it will probably be theatres next.

"It's terrible because where plays will always have the edge over television is they are there in front of you. Theatre really has that impact, especially at a venue like Theatre Royal, Stratford East."

As for the novel, which, like the previous two at Stratford has been adapted by Patrick Prior, it tells the

Endurance dance show draws

STAGE
Dead On Her Feet
Arcola Theatre

Desperate times call for desperate measures and a new play opening next month explores the extremes of the theme.

Set in the States during the Great Depression, the Arcola Theatre production *Dead On Her Feet* tells the story of just how far six young people are willing to go to claw their way up.

Director Barry Kyle said: "It is a play about dealing with the recession now and in the '30s.

"It centres on an entrepreneur who moves to upstate New York and invests in a dance hall and tries to revive the situation. He puts himself in charge of getting people out of the doldrums."

The protagonist begins holding dance marathons – human endurance contests popular during the era's economic slump. Couples would dance non-stop for hours, days, weeks and even months in an effort to be the last pair standing and take home the prize money.

Kyle said: "The actors are playing characters who would dance until they dropped. The would have to eat and sleep while they were dancing. The dances were all partnered and they would have to hold each other up. The only way you could win was with someone else and that is very important.

"It is a dramatic and extreme piece of theatre that throws two ways to get out of recession up against each other.

"One view is these are tight times and we will only escape through financial discipline and not spending

Dancers must compete as a pair

JAMES PERRIN

Martina Cole poses in Stratford where she used to "knock about as a kid"

tale of a 17-year-old girl who joins the family firm.

But Cole, who was 20 when she wrote the story, denies the lead character Maura Ryan is based on her.

"I've never been a bank robber," she said. "But Maura was such a fantastic character to write. In my books I deal with terrible dilemmas and this was a great one. It was my first book and it was a bestseller so I was very lucky."

■ *Dangerous Lady, Theatre Royal Stratford East, Oct 25-Nov 17, various times and prices, stratfordeast.com.*

stark economic parallels

money we do not have. The second is that by doing this we risk destroying the economy by ditching things we will need in the future."

Many of the themes in the play resonate with our economic and social climate and Kyle has not shied away from incorporating tough themes.

He said: "Like reality TV today, it is about the fantasy of fame and fortune – the failure and the humiliation.

"I have allowed modern music in the production, so it's not just from the '30s but post digital, rave and trance – sounds people in Dalston would recognise.

"Occasionally people might think the dance hall owner reminds them of Simon Cowell but it's not deliberate.

"People will think how come he is rich and 95 per cent of the people who do this for nothing get nowhere.

"But the show is not a hatchet job on reality TV. It just points out that when times are bad economically people resort to things they wouldn't normally do."

This is the fifth production Kyle and Emmy award-winning screenwriter Ron Hutchinson have worked on together and the debut for the theatre company. And the recession parallels extend beyond the subject matter into the company itself as Kyle explained.

"We have a young cast including some really special actors," he said. "I have high hopes for this show.

"This is the first production for The North Wall company and it has created a lot of new opportunities by being linked to an outreach project bringing actors from all over the country."

■ *Oct 3-Nov 3, various times, arcolatheatre.com.*

Louisa Emery

STAGE

A Study In Fear

Greenwich Theatre

A final case for a world famous detective sees the mystery solving man finally come face to face with his arch nemesis – Professor James Moriarty.

Sherlock Holmes – A Study in Fear is a new version of a classic Arthur Conan Doyle story.

Emmerdale actor Ian Sharrock stars alongside Nicholas Briggs (*Torchwood, Lewis*) in a tale that opens with Holmes unexpectedly turning up on the doorstep of his old friend Watson's home, keen to persuade him to join in tackling one last case.

Based upon Conan Doyle's *The Final Problem*, it's an action packed show that climaxes with a showdown at the Reichenbach Falls. But who will survive the plunge? Will evil take down the great detective?

■ *Oct 2-7, various times, from £12.50-£17.50, greenwichtheatre.org.uk.*

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What's On

MUSIC

Babel
Mumford & Sons
★★★★☆

Three years after their award-winning debut *Sigh No More*, Mumford & Sons return with *Babel*, which has been produced once again by the magical Markus Dravs.

Marriage to actress Carey Mulligan has mellowed frontman Marcus Mumford, as heard on the band's next single, *I Will Wait*.

There are less traditional English folk and more American folk rock influences with tracks sounding very Bruce Springsteen-esque in style.

Nevertheless, the foursome have, thankfully, stuck to what they are good at, and that's writing and performing beautifully written, rousing folk songs.
Laura Wurzal

Shields
Grizzly Bear
★★★★☆

Brooklyn four-piece Grizzly Bear return with an album of parallel beauty, three years after their critically acclaimed third album *Veckatimest*.

Their sprawling compositions and haunting melodies are not for everybody (they do tend to make Fleet Foxes, to whom they are often likened, sound like LMFAO) but neither is it totally impenetrable either.

Their music is as lovely as it is complex and this release sees more of the same, bookended by two particularly stunning tracks with *Sun In Your Eyes* bringing the album to an end with a drifting seven-minute musical adventure.
Lisa Williams

ONLY ONLINE

Review of The Trench at the Old Vic Tunnels
wharf.co.uk

Looper Joe doesn't like the shape of his future

SCREEN
Loopers
(15) 118mins

Looper doesn't just deliver one mind-bending action movie – it delivers about four. The fact that two of that number are *Back To The Future* and *Terminator* shouldn't irretrievably damage the IQ – for the other two are far more ambitious, complex and intelligent.

Like *Inception* (which also starred Joseph Gordon-Levitt), the premise is simple but the implications are extraordinary and require a switched-on, forward-facing audience.

The story – along with the stripped down, lo-fi 2044 that is the film's drab setting – come from the fernickety mind of writer-director Rian Johnson, who made a stylish impact with 2005's *Brick*, also starring Gordon-Levitt for whom he wrote the part of hitman Joe.

Gordon-Levitt's appearance jars at first – like Ed Miliband post-op – but the reason for the brutish physog becomes apparent when the older version of himself is dumped back in his time – it's Bruce Willis.

The head-scratching conceit is this: In the future, the Mob use illegal time-travelling technology to send their marks into the past.

There, hitmen, called loopers, take their lives and the silver strapped to their backs – and dispose of bodies that don't technically exist.

But the loopers are not forward-thinkers. In exchange for loot now, they will have to kill off their future selves at some point.

When Bruce Willis comes back for dispatch, the younger Joe loses his nerve and Willis flees, heading off on a cold-blooded killing spree of his own in order to save his future family.

Bruce Willis is sent back in time to be killed by his younger self

In some kind of Oedipal nightmare, Young Jo has to destroy his older self because Mob boss Abe (Jeff Daniels), sent back in time to oversee this end of the operation, will ensure both incarnations are bumped off.

But Future Joe, in Terminator style, is on the trail of the kid who will grow up to be the Rainmaker, the fearsome uber-boss who triggers his death 30 years' hence.

Present Joe has sufficient clues to predict his targets and finds himself in the remote homestead of tough-but-vulnerable Emily Blunt where she tends to the needs of odd toddler Cid.

While the blank (indeed unpleasant) duo of Present and Future Joe lack any kind of sympathy or charisma, Blunt's Sara is the damaged soul who, finally, brings a welcome human dimension to the movie.

But Blunt doesn't take top acting honours. They go to wee Pierce Gagnon who manages to convey menace and enigma despite being cute as an psycho button.

This hard-but-brittle flick is a slow-starter (all that infernal exposition) and the downtime is too easily spent ticking off the derivative time-travelling tropes.

However, the spectacular (and genuinely shocking) final sequences make up for the shortage of early charm and tie up the cleverly twisting plotlines with panache.

The film is not always likeable but it is a solid two hours of truly mind-bending entertainment.
Giles Broadbent

Our verdict

Time-travelling delivers neat twists in a confidently clever thriller
★★★★☆

SCREEN
The Campaign
(15) 85mins

Sleazy, self-serving congressman Cam Brady (Will Ferrell) has represented North California for four terms and is poised to be re-elected for a fifth stint despite numerous affairs.

When this promiscuity finally comes to the attention of voters, the king makers decide to throw their support behind a rival candidate: shy and retiring Marty Huggins (Zach Galifianakis) who gets a slick makeover. Tensions escalate in this heavy-handed political satire with two well-matched leads.

★★★☆☆

SCREEN
Holy Motors
(18) 115mins

UK audiences will react with similar passion or disdain to the French writer-director's surreal vision that first divided critics at Cannes – although the presence of Kylie Minogue will soften the edges.

From dawn to dusk, a few hours in the life of Monsieur Oscar, a shadowy character who journeys from one life to the next. He is, in turn, captain of industry, assassin, beggar, monster, family man... He seems to be playing roles, plunging headlong into each part – but where are the cameras?

★★★☆☆

SCREEN
Resident Evil: Retribution
(15) 95mins

Alice (Milla Jovovich) continues her battle against the shadowy Umbrella Corporation in the fifth instalment of the horror franchise that seems to become more sleazy and lazy with every episode.

With an artificial intellience in charge – the Red Queen – the only hope for prisoner Alice and her team of soldiers is to escape, battle through Umbrella's facility, shut down the Red Queen and stop the spread of the T-virus that continues to turn the human race into flesh-eating Undead.

★☆☆☆☆

Star-crossed lovers have sumptuous style on tap

STAGE
Top Hat
Aldwych

There's so much corn at the Aldwych a small heatwave could start a tasty explosion, or a cinema concession.

Sweet or salted? Sweet, of course, as this effortlessly classy musical turns a slight boy-meets-girl–boy-loses-girl hiccup into two-and-a-half hours of delightful hoofing, non-stop action and money-on-show costumes.

Here's the plot: "Jerry Travers (Tom Chambers), the famous American tap dancer, arrives in London to appear in his first West End show. Travers meets the irresistible Dale Tremont (Summer Strallen) and follows her across Europe in an attempt to win her heart."

That makes it sound like complex psycho-drama compared to the slender reality. But that's not the point. The point is the succession of sumptuous Irving Berlin numbers

Tom Chambers and Summer Strallen

(*Puttin' On The Ritz, Top Hat, Let's Face The Music*), the clackety-clack chorus line, the screwball romance and the top hat and tails.

The whole lot is played as farce ably assisted by the *'Allo 'Allo* Italian manglings of Ricardo Afonso's dress designer Alberto Beddini and the hen-pecked shenanighans of Martin Ball's impresario Horace Hardwick.

Strictly winner Tom Chambers plays Fred Astaire playing Jerry Travers and Summer Strallen plays Ginger Rogers playing Dale Tremont without entirely recapturing the chemistry of the 1935 RKO classic.

The former is ostentatious and charming, the latter, feisty and game and between them, they manage to convince that a small case of mistaken identity is worth the fuss that ensues.

In fact, by the close, you would only cheer more if it were Bradley Wiggins and Jessica Ennis who were dancing Cheek To Cheek.
Giles Broadbent
Booking to 2013. Go to aldwych.official-theatre.co.uk

Our verdict

Chambers and Strallen serenade Berlin's classics in sumptuous style
★★★★☆

Comment

Life is unfair – although some sidestep the potholes

WORKING MUM

TABITHA RONSON

My son and I spent the weekend clearing out cupboards, bagging up old toys and clothes in preparation for a makeover of his bedroom.

He has selected a new bed, bookcase and wardrobe, exchanged one shade of white for another and like a mini-me Laurence Llewelyn-Bowen is champing at the bit to get started on the transformation.

He is like a child possessed, waking up in the night, jumping out of bed and insisting on showing me where all the new pieces for his bedroom will be placed.

Who would have imagined interior design would light the candle of a Batman-obsessed four-year-old boy?

On Monday morning, eager to crack on with the makeover, Master A announced he wouldn't be going to school.

After a heated exchange in which the threat of no more Jetpack on the iPhone was made, Master A harrumphed, declaring the situation to be "unfair".

"But, I don't want to go to school!"

I know the feeling. I don't want to go to work either but I have to. Actually, that's not strictly true if like Latvian mum of 10 Linda Kozlovska I choose to live off benefits.

Now, that is what I call unfair. I can only imagine how difficult it is raising 10 children alone; I have one and that's demanding enough but surely, and I may be wrong, Miss Kozlovska had a choice.

I don't blame her as a mother wanting the best for her children, trying to provide them with a better start in life, but I do blame a system that seems to support some and not others. A system that appears to reward people for not working, and penalise those who do.

I'm a full-time working single mum. I probably would be "better off" if I didn't go to work – at least I would get more time to spend with Master A – although, I can't be certain because I've never investigated that particular route.

My grandmother used to say to me: "The harder you work, the luckier you become."

Hmmm.

Working Mum, wondering just how many old sayings have shaped her life.

POLITICAL NOTES & VIEWS

By Cllr Peter Golds

Pressure still on Island for more houses

Planning and licensing have been in the forefront of recent council work.

Following on from the rejection of the Asda application and the news that 1,000 Tower Hamlets children did not get the schools of their choice I counted up the schools and medical practices in the Blackwall and Cubitt Town and Millwall wards that make up the Isle of Dogs.

I then looked at the major planning applications in this area for which consent has been granted or the applicants are consulting. There are a staggering 12,900 homes included in these applications.

We have eight primary schools and one secondary school and they are all bursting at the seams. Where are the schools and medical practices for these families?

> "There are 12,900 homes in these new applications

One major development that has considered these issues is Blackwall Reach where there are to be more than 1,500 new homes, coupled with a new Woolmore School.

Sadly, it was revealed that one of Mayor Lutfur Rahman's advisers, who has an interest in the application, was attending a development meeting while also charging the council for his presence, which was paid through his company thereby minimising his tax liability.

This needs to be cleared up as it would be a tragedy if there were to be any delay to this project because of this conflict of interest.

Conservative, Blackwall & Cubitt Town

GETTY

The Emirates Air Line crosses the Thames and heads to Greenwich

Regeneration

Cable car's role is now Crystal clear

AN advert now brands the cable car as a legacy item. "Thanks to the Games," it reads, "you can now fly across the Thames."

But, the truth is, the cable car never really made sense as an adjunct to the Olympics. However, it makes perfect sense as an adjunct to the Crystal.

I took my debut flight last week. Taking to the air, after a short walk from that squat, pointy Crystal (the East Angular?), the Air Line made sense in a way it never did before.

From around the world, city mayors, digital thinkers and futurologists will convene at Siemens campus. The cable car is a perfect mood music for their deliberations – dramatic, innovative, sexy, leftfield and a tiny bit bonkers.

Scan the QR code for a full version

I should add that the journey over the Thames is London's latest must-do experience.

From a certain point, with perspective foreshortened, when the loop of the river turns the Greenwich peninsula into an island and when the Royal Docks and river make an archipelago of Silvertown, the notion of a Water City is as obvious as it is breathtaking.

giles.broadbent@wharf.co.uk

WHARF BLOGS

More at wharf.co.uk

Technology

Big data likely to shine a big light

BIG data is the next big thing (if it's not there already). Software to mine that data is probably making someone a billionaire right now and anyone who can turn those cross-sections into brightly illuminated PowerPoint presentations need not lift a finger again.

The DLDCities conference at the Crystal was packed with such Big Data light shows. The graphic-o-philes who had been pinged with inkblots in maths class now rule the universe.

So we were treated to the phone activities of the Spanish over Christmas, the "new geography" of cross-continental connections, the whims and wanderings of Oyster card users...

Those are facts and figures, of course, with extrapolations to behaviour mostly done by the human observers.

There's a TV programme running right now called *Person Of Interest* in which a mega-computer logs everyone's activity to such a degree of intimacy that soft and squelchy behaviour becomes mechanistic and predictable.

Big Data is fun, unnerving and will, one day, run your life.

giles.broadbent@wharf.co.uk

Tomorrow

We'll be talking about...

Urban Prototyping Festivals

Entrepreneur Peter Hirshberg, pictured, told the DLDCities conference at the Crystal about a new form of bottom-up urban planning.

By temporarily lifting some planning restrictions and arranging a series of pop-up shops and spontaneous activities, it was possible, he said, to see an organic civic movement to spark ideas about how to regenerate an area.

Next year UP will be coming to London; the precise locations are yet to be decided.

Today

App Of The Week

Carphone Warehouse Bill Angel

Britons waste more than £1.5billion annually by exceeding our tariff allowances, but this app aims to assist. Let it know your monthly allowances, set the alerts, and it'll tell you when you're almost over your call, text and data usage.

Free from Google Play and iTunes

Yesterday

By Wharfinger

Siemens in the UK

German company Siemens, which has opened the Crystal on the Royal Docks, is no stranger to these shores.

In 1843, 19-year-old engineer William Siemens, pictured in later life, left Hamburg for the UK with a patent for an electro plating process and to expand the family business. The company opened the London office in 1850 and founded three factories specialising in laying undersea cables. He eventually became a British subject and was knighted.

Listmania iPhone accessories

The iPhone 5 is going to be a smash. If you're feeling left out, splash out on some accessories to feel better about your 4S

1

Duo Lens, £19.95
For your wide angle and close-ups

2

Tardis Safe, £29.99
Worktop safe driven by phone passcode

3

Retro handset, £12.99
For a comfortable chat experience

4

Spiderpodium, £14.95
Rubber hugger to grip your handset

5

iDJ, £74.99
Turn your phone into mixing decks

Life

GETTY

COPYCAT dressed up

We sent **Louisa Emery** to find Kate's look at high street prices

THE ACCESSORY
Bling bracelet, £18
Accessorize
uk.accessorize.com

THE PURSE
Snake frame bag, £30
Topshop
topshop.com

THE SHOES
Pointed court heels, £80
Topshop
topshop.com

THE DRESS
Batwing tunic dress, £21.99
Pilot
pilotfashion.com

HEALTHY EATING

Devour fish for a tasty health kick

I'm a traditional diner at heart. Although I stop short of a rigid weekly routine, fish on a Friday is a must, but I'm not quite sure why.

Maybe it's just one of those long-standing traditions that was ever-present through the generations of my family and so stuck with me.

Or perhaps – and this is maybe more likely – it's because after a hard day at work, the energy I can muster is only sufficient to visit the local chippy for a dish slathered in a gloopy goo of mushy peas.

But according to advice from NHS Choices, a sole serving of fish every week is not enough to sustain a healthy, nutritious diet.

In fact, adults should be eating at least two portions of fish and shellfish every seven days, including one oily fish, to boost their intake of Omega-3 fatty acids, which help to keep the heart healthy.

And for the remainder of this month, a Docklands restaurant could be the ideal place to provide the top up to a Friday fry-up.

With Delia Smith as a fan, Memsaheb on Thames is already a cut above its competitors and this year's Seafood Festival – the fifth of its

GETTY

ON TREND SHIRT
Louche Jules heart shirt, £35
Joy, Nelson Road, Greenwich, joythestore.com.
Left, the runway look that inspired our choice

RUNWAY

While the glitz and glamour of the infamous international fashion week made its way from London to Milan and Paris, the throbbing heart of style remained in the capital this weekend.

In a shimmering showcase of exclusive collections and a designer shopping experience, fashion-thinking individuals were clamouring to get a ticket for Vodafone's London Fashion Weekend at Somerset House, between September 20 and 23. Visitors stepped inside an entire globe of fashion from the excitement of the catwalk to a pampering lounge of beauty and hair styling, before setting off on a retail mission to raid the rails of 100 British and international designer brands.

Designers had a 20-minute slot for their highlight show, centred on the Autumn/Winter 2012 trends, with labels including Twenty8Twelve – the creation of actress Sienna Miller and her

Sea bream at Mensaheb

Billingsgate pop-up / Page 58

kind – certainly lives up to the hype. With fresh fish sourced from nearby Billingsgate Market and dishes cooked in an open-air kitchen, the quality of the products shines through.

For my starter, I was tasked with navigating around tiny bones in my sardine, which was pan-fried with onion, green pepper and coriander (£4.95). But the effort was worth my while, as the fish flaked off revealing a warming, delicate flavour.

My companion's starter of tiger prawns and scallops came in a chili and lime marinade (£7.95), which had just the right amount of spice.

But the star of the show was my main course – two succulent fillets of sea bass, pan fried and served with a mustard-flavour masala sauce and vegetable rice (£12.95) that complemented the fish beautifully with its spicy undertones. It was an off-menu dish, as all items on the daily list are kept limited to ensure the fresh produce can be sold out.

My companion's pan fried sea bream, coupled with a chili and garlic sauce and spicy potatoes (£12.95) was also a showcase in creating a mouth-watering flavour that enhanced the quality of the fish rather than overpowering it.

The restaurant's seafood festival runs until September 29.

Memsaheb on Thames, 65-67 Amsterdam Road, London, E14 3UU, 020 7538 3008 memsaheb.net.

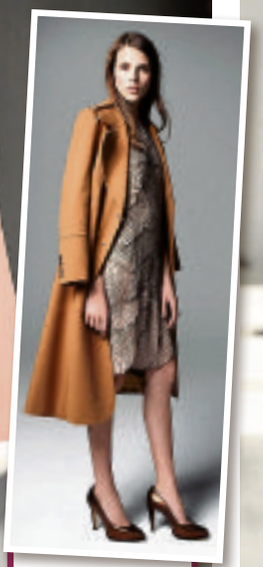
Beth Allcock

Our verdict

A study in mouth-watering

★★★★★

GETTY



STATEMENT COAT
Hobbs Vicuna coat, £349
Hobbs
Canary Wharf
hobbs.co.uk
Left, the runway look that inspired our choice

GETTY

BRIGHT TIGHTS
House of Holland pink houndstooth tights, £15.
houseof holland.co.uk
Left, the runway look that inspired our choice

INSPIRATION

Savannah – having its time in the spotlight. *Telegraph* fashion guru Hilary Alexander also discussed statements of style as part of a panel event with Lydia Bright, star of *The Only Way Is Essex*, who will launch a 10-piece capsule range in November.

X-Factor judge Tulisa took to the stage to entertain crowds at the event's opening party and DJ sets throughout the weekend left a lively buzz in the venue.

GETTY

Tulisa performs at the opening of the Vodafone London Fashion Weekend

FITNESS
WITH LAURA WILLIAMS

Get the look: Jessica Simpson

The *Dukes Of Hazzard* star has taken a balanced approach to shaping up post-baby.

How she does it: Jessica Simpson admitted she expected her post-baby weight to fall off but has since started working with celeb trainer Harley Pasternak. He wanted Jessica to start sensibly, saying: "I gave her a pedometer and realistic daily goals of 4,000 steps, then 5,000, and within weeks, she was doing 10,000 steps a day."

Do it for yourself: Jessica's not alone in thinking all her baby weight would fall off on departure from the delivery suite, and that life's too short to be entertaining 6am exercise sessions with a newborn.

If you (or your partner) want to strike a balance between a decent quality of life and regaining your pre-baby bod, here are my top tips.

- Set aside small chunks of time (15 minutes) for exercise each day. This could be doing the bums and tums section of your fitness DVD, alternating skipping and dancing in the living room, or just power-walking.
- Try to stay away from snacking. Eat nutritious meals in sufficient quantity to provide you with the energy you need but stay away from raiding the biscuit tin, even if you've had a hard day.
- Find mother and baby exercise classes so you get to workout, stay with baby and make new friends all at the same time.
- Be patient. Baby weight takes time to come off – even the nine months on, nine months off rule is a tad optimistic.

GETTY

Jessica is keen to shed the weight she put on while carrying her child

Q&A

A guy at work said that I need to keep changing my weights routine otherwise I won't continue to see results. Is he right?

Pretty much. You do need to keep making adjustments – even small ones – so the muscles continue to respond.

You can change your routine in many ways – you can add weight and lower rep range, change the order in which you do exercises and minimise rest time.

You can also change the actual exercise you're doing, switch from machines to free weights or vice versa, add instability (think gym ball or BOSU) – the list is endless.

I would recommend changing your routine every six-eight weeks in order to keep seeing both definition and strength gains. Ask if you need help.

TOP tips

One day at a time: Envisage getting yourself to the gym today but not for the rest of the week. Constantly thinking "I have to do this three times a week" will act as a disincentive.

GETTY

Go to laurawilliamsonline.co.uk, email questions to laura@laurawilliamsonline.co.uk or follow @laurafitness on Twitter

Food

MORE REVIEWS ONLINE wharf.co.uk

EXHIBITION

Experiment with ingredients that dazzle the mind

★Fancy some liquor made of moisture extracted from the room used to stir the creative juices of Charles Dickens?

If that's something you're keen on sampling then chances are you will be a fan of weird and wonderful event coming to Canary Wharf later this year.

The Experimental Food Society Spectacular is to be held at the East Wintergarden on November 16 and 17 by The Robin Collective, which is making a host of spirits from the moisture of rooms that once contained the greatest minds in history. There's plenty more at the show including a pasta replica of the Rialto Bridge.

Sip from a glass of blown sugar by Fernando Laposse

The event's founder Alexa Perrin believes it will be perfect for Canary Wharf. "A lot of people signed up to our mailing list are bankers and economists, so I'm bringing it to the people who populate my database," she said.

The Experimental Food Society Spectacular, held in Brick Lane last year, is the only show of its kind worldwide.

Alexa was brought up in the food industry. Her mother owned a restaurant, she went into food PR and her uncle opened the UK's first Thai restaurant.

"In my work I've travelled to various events over the years and found them uninspiring, so this was really something I wanted to do," she said. "It's really for people who want a fun day out. There are lots of installations, interactive demonstrations, talks and samples to try."

The event takes place on the Friday between noon and 7pm, and on Saturday from 11am to 6pm. Tickets are £5.

There is also an five course experimental food banquet on the following Monday from 7pm at the Cook Book Cafe at Intercontinental Park Lane. Tickets are £90.

Go to wegottickets.com/EFS.

Rob Virtue

DRINKING

Meantime creates a special Oktober brew

★Greenwich's famous brewery has released its latest tipple to coincide with the annual German beer festivals.

Meantime Oktoberfest will be available on draught at the company's bars, restaurants and retail outlets. Brewed in the traditional Bavarian style, using ingredients from the German region, it has been matured over three months to give the lager a stronger flavour.

Brewmaster and founder of Meantime Brewing Alastair Hook said: "The Meantime team have created a sweet, malty and lightly hopped brew – we think the warm, bready aromas and toffee-like sweetness make it the perfect beer to enjoy as the end-of-summer chill sets in."

Meantime Oktoberfest is a 5.6 per cent ABC brew and is said to go well with roast chicken or pork, smoked meats and cheeses or, of course, giant pretzels.

Go to meantimebrewing.com.

A quartet of courses to satisfy your every mood

OPENING

Firm's four-way launch is a blend of informality and slick technology

Jon.Massey
@wharf.co.uk

D&D has been busy in recent weeks. First came the launch of the group's South Place Hotel near Moorgate. Now its Old Bengal Warehouse project, featuring four distinct courses, is up and running.

Set along a ground floor strip of New Street, the quartet is housed in a Grade II listed warehouse built in the 1700s and formerly operated by the East India Company.

Bare brickwork and period features abound. But what else could you do with a place where they found an elephant carcass in the courtyard?

Senior general manager Duncan Pitfield said: "It lay dormant for the last 50 years and we took it over about 18 months ago. We've kept a lot of the individual features – the small rooms, low doorways, beams and some of the original flooring. It's a mix of the very old and the very new."

4 Openings for D&D at the Old Bengal Warehouse

Into the quirky spaces, D&D has installed a wine shop where you can drink any bottle off the shelves, an informal seafood restaurant – Fish Market – that opens for breakfast, the New Street Grill specialising in steaks, and the Old Bengal Bar with a late licence and plans for DJs. It's compactness that's driving the brand forward.

Pitfield said: "The fashion is to do smaller restaurants and concepts in smaller spaces rather than the huge developments that have been very successful in the past.

"People want a little bit more of a friendly approach, something more intimate and more relaxed.

"That is the key word here because, even though we're giving a great service, it's in a very funky and relaxed environment."

The New Street launches include Fish Market, above, the Old Bengal Bar, below, and the New Street Wine Shop, bottom, which features pay as you go wine tasting machines

Aside from the size, the other fresh concept for D&D is the introduction of a pay-as-you-go card for the automated Enomatic wine vending machines at the New Street Wine Shop.

Pitfield, who was the launch manager on South Bank's Skylon, said: "The shop is a retail space and a wine bar at the same time. We have about 650 bins for sale and you can buy any of those and drink them there if you pay a £4 corkage fee.

"We have also the Enomatic machines where people can come in, put money on something similar to an Oyster card and can go round and taste small measures of wine. Then the hope is you will then purchase one.

"You can also get some charcuterie and cheese so people who want to sit down for longer can do. We're on the cusp of Shoreditch. Hopefully we will appeal to both the City and other areas."

Go to danddlondon.com for more information on all four venues at the Old Bengal Warehouse.

REVIEW

Billingsgate Pop-Up

Canary Wharf

This overtly friendly venture by Billingsgate Seafood Training School has an alternative, lo-fi otherness to it that's not a bad antidote to the charmless chains of the Wharf proper.

After wandering around the deserted market, failing to find this elusive pop-up and bumping into the stench of the sea, we eventually gain entry to a space that's perfectly summed up by the words "Committee Room" emblazoned on its door.

Here tables are set and Wharfers are tucking in to the set menu (£20 for two courses). Seafood meze is superb, all smoky sprats and salty titbits.

And a Goan fish curry, pictured, is equally saliva-inducing.

It's vaguely subversive, with the feel of an illicit office party, especially as there's no booze licence, so wine is poured and a donation welcomed. It's due to pop up again on December 4.

Go to seafoodtraining.org.

Jon Massey

Our verdict

Beside the seaside

★★★★☆

REVIEW

New Street Grill

Liverpool Street

"We've already seen some big deals happening round these tables," says Andy Downton, general manager at Old Bengal Warehouse, as he shows us the leather-upholstered backroom of the New Street Grill.

Separated from the front half of the restaurant by a wall of wine, it speaks volumes before we even look at the menu.

This is the warehouse's butch City gent joint, right down to the meathooks used to suspend the lighting in the school desk-clad roadside segment.

This theory is born out by the menu, which is steak heavy (£15-£58). But it's delivered with finesse – superb cooking (my luxurious Stichelton and chicory salad's especially good) and Virgile, a gem of a sommelier.

There's a convivial atmosphere, prime position and some of the best service this paper has encountered in London. Why haven't you left yet?

Jon Massey

Our verdict

Make a beeline to Old Bengal

★★★★★

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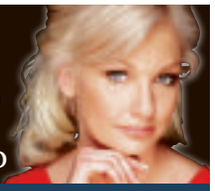

AQUARIUS
JAN 21-FEB 19
For more call 0905 817 2070

Many of you are still waiting for *that* phone call and should be in for a pleasant surprise this evening. Just be sure to be yourself in all situations.

LEO
JULY 23-AUG 23
For more call 0905 817 2064

Mix-ups in the workplace are making it hard for you to know where you stand. Resist the feeling you have to ask questions. Listening not talking is the key.

PISCES
FEB 20-MAR 20
For more call 0905 817 2071

Leos are of a special significance in your life and should be responsible for the exciting air around you. Many good things are coming. Don't back down.

VIRGO
AUG 23-SEPT 23
For more call 0905 817 2065

Your love life is getting more and more confusing by the day as you indulge in a game of cat and mouse. You may be best to leave the ball in their court.

ARIES
MAR 21-APR 21
For more call 0905 817 2060

The planetary set up over the coming days is going to be giving you plenty of opportunity to mix with people that you have long wanted to get to know.

LIBRA
SEPT 24-OCT 23
For more call 0905 817 2066

Try to avoid making any major outlays. You may not be getting the best deal and you would be far better to shop around so you can see the options.

TAURUS
APR 22-MAY 21
For more call 0905 817 2061

Don't allow yourself to get stressed, for whatever setbacks you are faced with, you can make up for next week. Don't try to run before you can walk.

SCORPIO
OCT 24-NOV 21
For more call 0905 817 2067

You seem to be determined to annoy the people around you today and if someone says black then you will say white. Seek out the person you really want.

GEMINI
MAY 22-JUNE 21
For more call 0905 817 2062

Stay out of a friend's life that is going to be announcing a change. The energy you are going to be feeling must be used on bettering your own life.

SAGITTARIUS
NOV 22-DEC 22
For more call 0905 817 2068

You need to pay some bills, before you do damage to that reputation of yours. It may hurt, but you know you've got to give in or you'll lose out big time.

CANCER
JUNE 22-JULY 23
For more call 0905 817 2063

You may have to put up with the company of someone you've never been able to warm to, in order to please a loved one. Relax though.

CAPRICORN
DEC 23-JAN 20
For more call 0905 817 2069

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Dinner and a Movie

★ Fancy winning dinner and a movie for you and a friend? We've teamed up with West India Quay's La Vista and Cineworld West India Quay to offer two pizzas, two bottles of Peroni (or a bottle of wine) and a pair of tickets to the cinema.

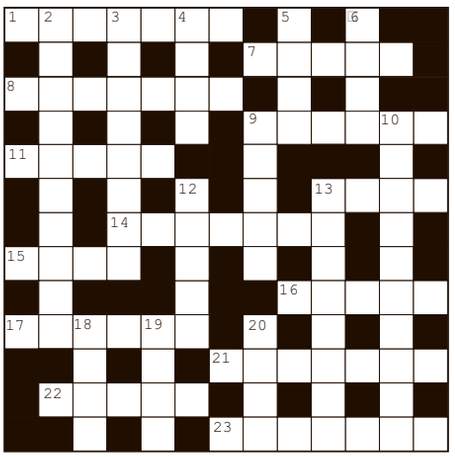
To be in with a chance of winning, just tell us the name of the British actress who stars in *Looper* showing at Cineworld. Email your answer to newsdesk@wharf.co.uk with "Movie Night" in the subject line. The closing date for entries is October 5, 2012.

Include your name and postal address and the details and tickets will be posted to you.

RESTAURANT La Vista

cineworld CINEMAS

Crossword



ACROSS
1. Holy war (7)
7. Frogman (5)
8. In pieces (7)
9. Choose (6)
11. Lariat (5)
13. Site for depositing rubbish (4)
14. Surpass (7)
15. Young salmon (4)
16. Love intensely (5)
17. Stretch tight (6)
21. Arm bone (7)
22. Group of sheep (5)
23. Protective care (7)

DOWN
2. Place to eat (10)
3. Ominous (8)
4. Judge (4)
5. Broad (4)
6. This place (4)
9. Range (5)
10. Waist sash (10)
12. Free from dirt (5)
13. Very tired (4,4)
18. Actor's part (4)
19. Unit of length (4)
20. Spiritual guide (4)

ACROSS: 1. Crusade; 7. Diver; 8. Asunder; 9. Select; 11. Lasso; 13. Dump; 14. Eclipse; 15. Parr; 16. Adore; 17. Strain; 21. Humerus; 22. Flock; 23. Custody.
DOWN: 2. Restaurant; 3. Sinister; 4. Deem; 5. Wide; 6. Here; 9. Scope; 10. Cummerbund; 12. Clean; 13. Dead beat; 18. Role; 19. Inch; 20. Guru.

Sudoku

EASY

1			9		8			
5	4						3	9
	2			1		7		
	7		8	2				1
		5				2		
2				3	6		8	
		9		6			2	
7	1						5	4
			2		4			7

HARD

	7							4
		9	5					
5		1		6	3			2
					4		2	8
		4		9		1		
8	3		6					
3			7	1		6		9
					9	8		
1							3	

GUIDE

In order to complete Sudoku, readers should fill in each of the grids so that every column, row and 3x3 box within the squares to the left contains the digits 1 to 9. No repetition of digits is allowed within any of the sequences. Why not time yourself and see whether you can beat your best with next week's puzzles?

The Wharf's Sudoku puzzles are supplied by sudoku-puzzles.net
For more free brainteasers including Futoshiki, Nonogram and Samurai, go to the website

Sport

THE FANS' ROAR

By Ian Toal

We must back Jackett to turn things around

This season is starting to look far too similar to the last for Lions supporters following a third consecutive defeat.

This time it was 2-1 at home to high flying Brighton last Saturday at The Den. It's amazing how quickly optimism can evaporate.

Before the International break, after a great 3-1 win at home to Middlesbrough, we were just outside the play-off positions and now only three games later we are down in the relegation zone.

It is very early, but the similarities with last season are too clear.

Silly goals are being conceded again, important players are injured, goals are drying up.

Now every game is looking tough on paper and we are wondering when the next win will come. Too many of our players are off their game at the moment.

> "In my eyes Jackett is the right man to steer us to safety again

Against Brighton, even our better ball players like Josh Wright and Andy Keogh were way off their best and the team only picked up when skipper Paul Robinson came on just after the hour.

We need his leadership in the starting line-up for our next match.

After a few bad results the rumour mill goes into overdrive. The latest I've heard is that Jackett has only got a game or two to arrest the decline or he is out the door.

I don't believe that one – the club stood by Jackett last season when we at the bottom of the table and he turned things round in some style by bringing in some very good players for next to nothing.

ACTION IMAGES

Brighton's Craig Mackail Smith beats Millwall's Karleigh Osbourne

For all that Jackett has done for the club he deserves more than a couple of games to turn things round. The challenge facing him, his staff and players is huge. We have some of the smallest crowds in the division and one of the smallest budgets.

We are competing in a league where our competitors seem to increase their spending every season. But we have fought hard to get ourselves back into the Championship and our supporters expect us to show spirit and fight.

In my eyes Jackett is the right man to steer us to safety again. You don't become a bad manager overnight. He worked miracles last season and the majority of those players are still at the club.

The Lions face a tough trip to Turf Moor to face Burnley this Saturday and I would not put money on us getting a result. But often when you least expect Millwall to get a result they do.

That was the case last season when we won 3-1 up there courtesy in part to a screamer from Josh Wright. Let's hope for more.

WEEKEND FLUTTER WITH THE RACING POST

RACING

There's some great racing action from across the country this weekend and, on Saturday, look no further than **Rebel Du Marquis** in the 32Red Handicap Chase at Market Rasen. He has been off the track for a while but is a class act on his day and looks well handicapped on his old form. In the Group 2 Juddmonte Royal Lodge Stakes at Newmarket, **Toronado** looks the one to be on. Unbeaten in three starts, including when landing the Group 2 Champagne Stakes last time out, he looks to be a progressive type. It will take a good one to get the better of him. *Ed Quigley*

FOOTBALL

Arsenal looked a good side throughout the 1-1 draw at Manchester City and their positive momentum can be maintained with a victory over leaders Chelsea at the Emirates on Saturday. The Gunners go into the London derby four points adrift of their rivals but Chelsea may be in a false position after taking advantage of some easier fixtures. *Mark Langdon*

For daily expert advice, top tips and the latest news from our experts go to racingpost.com

Qualifying as a pro was a shock says O'Sullivan

SNOOKER

We catch up with an east Londoner who's the second youngest player on the tour

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ROB VIRTUE

Sean O'Sullivan, 19, spends six hours a day practising in Upton Park

Sean O'Sullivan dropped out of the sixth form after just a month and has since spent about six hours a day a few steps from the bar.

But this is no story of wasted youth. Sean has been practising religiously on the snooker table where – like the more famous O'Sullivan, R – he's tipped for big things.

At 19 he's the second youngest player on the World Snooker tour and he is determined to make the most of his talent.

"I turned pro in May but have really been doing this full-time for two years since I left school," said Sean when *The Wharf* caught up with him at the Upton Park Snooker Club in Green Street.

"That's thanks to my mum and dad who have been fantastic supporting me over that time.

"The club give me as much time as I want on the table, which is a big help. Since I left school this is what I've worked for.

"I did go to sixth-form for a month but it wasn't working. I needed to fully concentrate on my snooker."

Sean made it onto the pro circuit after making it through the rigorous Q School tournament – beating the country's top amateurs. Since then it's been a baptism of fire for Stepney Green teenager as he's still looking for his first win.

> **W** What was playing Mark Selby like?
>
> "The world number one didn't give me a sniff and then ended up winning the tournament. After the game he told me he got destroyed when he started out."

That's thanks in part to tough draws, including world number one Mark Selby.

"I know I'm close, really close, I just need results to go my way," said Sean.

"At this level I've learned you've really got to take your chances because once you're sat down you don't know when you'll be at the table again.

"These players don't crack under pressure as much. It's all about concentration.

"That showed against Mark Selby. He just didn't give me a sniff and then ended up winning the tournament.

"After the game I was chatting away with him and he said he got destroyed when he just started out so not to let it get me down.

"The first year is about enjoying it and then I want to progress. The aim is to get in the top 64. Beyond that I don't want to put pressure on myself by saying, but I know what I'm capable of."

However, Sean, who began playing snooker at nine, was no stranger to taking on the sport's greats before his move into the pro circuit. That includes games against Ronnie, who, in case you wondered, is no relation.

"I used to practice with him at the Grove in Romford when I lived that way," said Sean.

"What he does is quite unbelievable. You just think to yourself 'how does he do it?'"

Overall, Sean's enjoying his first season in snooker's big league, but he's refusing to get carried away.

"The first two weeks after I qualified I was still in shock," he said. "Going through it wasn't a big thing.

"It wasn't until the fourth round match that I realised if I won one more I could be on the tour.

"I didn't tell a lot of people but they saw it in the paper and on Facebook. They're all really proud. I've got a lot of family in Ireland and they all went beserk and held a big party. I've had a lot of support."

Dumped out the cup

WEST HAM

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AT the weekend, West Ham overwhelmed a sparky Sunderland side and the 1-1 scoreline proved grossly misleading.

However, any feelgood factor among the fans as they left the Boleyn on Saturday would have been washed away with the Tuesday night rain as the Irons were swatted aside by Wigan 1-4, ending their brief Capital One cup run.

The crowd was a creditable 25,944 and, if they were minded to focus on the Premier League, they might have feasibly enjoyed the rain-lashed, reckless romp if not the scoreline.

Sam Allardyce seemed carefree in his selection – with five youth team graduates among the line-up – but even he was couldn't quite believe the comical performance he witnessed. He called it "embarrassing".

He said: "We made howling errors for all four goals."

It was a refrain from the Swansea game when defensive blunders cost them points. And many a grey hair sprouted in the Bobby Moore stand on Saturday too when Sunderland ventured into the Irons final third.

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REUTERS

Swimmers pass marshals in kayaks as they participate in the London Triathlon

Stars turn out in the rain to make a splash in dock

TRIATHLON

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SPORTING fever once again filled the capital as the Virgin Active London Triathlon took centre stage this weekend.

Held at the Excel centre, 14,000 competitors took their place at the starting line up for the world's biggest event of its kind.

Participants of all ages and abilities cycled through the streets of London past landmarks including The O2 arena and Big Ben, while both the run and swim legs offered views of the Docklands and Canary Wharf.

Richard Branson's special Celebrity Team for the event included *Dancing On Ice* judge Louie Spence and 2011 contestant Chelsee Healey, television presenters Zoe Hardman and Jeff Brazier as well as husband-and-wife duo Michael Underwood and Angellica Bell.

Other famous faces, including former *Baywatch* star David Hasselhoff, added extra sparkle to the event.

Saturday's competitors chose from three race distances – the Super Sprint, Sprint or Olympic Team relay, all with varying distances, while those on Sunday raced the Olympic standard of a 1,500m swim, a 40km bike ride and a 10km run.

And it was Great Britain's Adam Bowden who secured top-spot in the elite men's category on Sunday, completing the course in just one hour and 48 minutes.

Competitors scramble out of the Royal Docks

Addicks confident for Blackburn clash

CHARLTON

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THE Addicks should have no fears about hosting early season high flyers Blackburn on Saturday, according to the home side's centre-back Michael Morrison.

The 24-year-old said he saw Steve Kean's side's televised defeat against Middlesbrough at the weekend and believed the team, relegated from the Premier League last season, were beatable.

"Although they've started well the confidence isn't going to be brilliant," said Morrison following the Addicks 2-1 win at Ipswich last weekend.

"It is a shame it isn't at their place because their fans aren't really getting behind them but our fans are really good and they'll get behind us.

"Another fast start and anything can happen. You've seen it already. Anyone can beat anyone in this league and we will go there in confident mood, although maybe the bookmakers have them down as favourites.

"If we can spin two wins in a row it shoots you up the table. That is the important thing with this league, you can get draws, but back-to-back wins really push you up the table.

"We'll be looking to get right in the middle of that pack and then, hopefully, stay there and see what happens."

Morrison said the win at Portman Road last weekend – after three defeats in a row – was a big boost for the Addicks.

"You can't help but look over your shoulder when you are in that relegation zone and it is nice to get out of it and now we can play a little bit more confidently and go against Blackburn, with our fans backing us, and think we've got a real chance of winning the game," he said.

GETTY

Michael Morrison believes Charlton can win on Saturday

SPORT IN BRIEF

Sports clubs

Albanians prove tough challenge

RUGBY Blackheath's apparent trouncing of Old Albanians in National League One by a margin of 51-31 doesn't tell the whole story.

The Hertfordshire club completely outplayed the south Londoners early on and it wasn't until the final 25 minutes that Blackheath were able to break down the opposition.

Blackheath face Blaydon next Saturday at Rectory Field with kick off at 3pm.

League launch courts Wharfers

LEAGUE Tennis players can hone their skills by competing against others in the new Docklands Singles Tennis League.

Players are grouped by ability and have eight weeks, until November 18, to play a maximum of seven matches on any public court.

Email docklands tennisleague@gmail.com or call Sally or Nigel on 07503281732 for more information.

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